

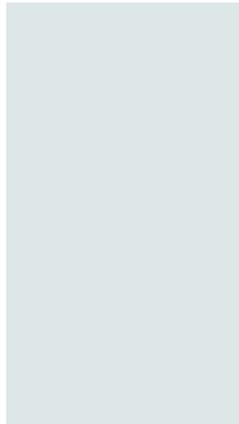
**D**ear colleagues,  
 In this issue of our newsletter you can find a really good energy and, I hope, interesting news for you. We can read interviews of *Pietro Cavaleri* and *Carmen Beyer* about their lives and commitment in different fields (life, social and political). We have the pleasure to report two special events: the 1st Assembly of Georgian Gestalt Therapists and SPR report from Oxford's meeting. We have the pleasure to host the first notice about Gestalt Conference Budapest 2019.

We are always ready to involve other people from Gestalt's community. I would also like to push the

NOGT officer to push to write something about their country and also to involve new EAGT members to send us something for "creative zone" or "pills".

Really thanks to our newsletter group!!! (*Astrid, Arpad, Alessandra, Cristina, Antonia, Ilona, Jan, Marga, Wilma*)

*Michele Cannavò*



**Sections and features in this issue (click the article titles to read more):**



**EXECUTIVE COMMITTEE**

- Letter from the President.....2-3
- Report from the Treasurer.....4
- Letter to GM and AGM.....6
- Report from the Secretary.....7
- Report from the TSC Committee.....8-9



**Meeting issues/Announcements**

- Meeting schedule.....5
- EAGT Conference 2019 Budapest.....14
- Report Conference: Practice-based Research, Paris May 2017.....15



**CHAIRS OF COMMITTEES**

- Chair PC&CS Committee.....10
- Chair HR&SR Committee.....11-12
- Society for Psychotherapy Research..13



**CREATIVE ZONE**

- First National Assembly of Georgian Gestalt therapists.....16-17



**GESTALT PILLS**

- Astrid's Interview.....18-20  
 – Astrid Dusendschön interviews *Carmen Beyer*
- Michela Gecele interviews *Pietro Andrea Cavaleri*.....21-23



**NEWS FROM COUNTRIES**

- Austria.....24
- Italy.....25
- Switzerland.....25-26

- • New Members.....27
- • Season's Greetings and abbreviations.....28

# Letter from the President

**D**ear friends and colleagues,  
I am writing this letter on a delayed flight from Bucharest to Vienna, right after our September meetings here in Rumania. I am surprised at myself that I am not getting impatient or annoyed what I usually am when mishaps like this occur, especially after a long weekend filled with work for our organisation. I am wondering what it is that keeps me so calm and relaxed...and I can only understand this in considering the situation that I come from in this very moment. The keywords for this situation are for me: “a sense of belonging” and “the values of connection”.

I have just come out of our autumn meetings, including the AGM. It was my first AGM in my role as chairperson, also a first together with *Renata Mizerska*, as NOGT officer and *Wilma Trip-Schrik* as second office manager supporting *Marga*. This is the first moment of belonging – *Marga* made it to our meeting though we couldn't have expected this 2 weeks earlier! She succeeded to amaze us once again with her will to be with us and to go on this trip to Bucharest. She was well supported by her doctors as well as her close friend and work partner *Wilma*. Thank you *Marga* for showing us again what is possible when we rely on our support and passion!

As *Marga* declared that this would be her last trip abroad, we decided to make the next meeting very com-



fortable for her and host the March meetings in Groningen, near *Marga's* home. Even though it will take an about two hours' train ride from Schiphol airport to get there we decided this to be worthwhile to enable *Marga* to be with us and to enable us to be with her, drawing from her support of broad and extensive knowledge.

Unfortunately, our EC was not complete this time as *Frans*, *Michele* and *Jack* were missing for different reasons, be they professional or related to health issues. But luckily *Jack* was able to join us via Skype on Sunday lunchtime during our second EC meeting and we were very happy to hear from *Jack* that he will be well again; he takes his time for his healing process and will catch up with us in due time.

We will be more than happy to reconnect with you personally, *Jack*, in March in Groningen.

For me there are two figures emerging from the ground of our meetings: one is the question that has been raised “Why should I be member of EAGT?”, the other is once more about a suggested name change by losing the “T” in EAGT. With the Brexit and all other fragmentations and complexity in sight, there is an even deeper need to connect and not to be split and fragmented within our European Gestalt therapy community.

Regarding the first question there is no easy answer and at the same time a very easy one. Because EAGT is about belonging and connection. This is a core value of our therapeutic approach, the ground of whatever comes of “Gestalt therapy”.

Belonging to our community can take different shapes, either as a full or associate member, as an accredited supervisor or – more recently – holding a student membership status. As practitioners or therapists, pursuing the Gestalt therapy approach under one umbrella – the EAGT – we are taking a unique view on phenomena arising from a specific ground, whether in organisations or in psychotherapy.

Let me quote from the introduction on our website written by *Gianni Francesetti* on the occasion of the relaunch in 2015:

“Gestalt Therapy is a way of understanding and describing human experience so as to maximize awareness of creative possibilities. The

foundations for this approach were presented in *'Gestalt Therapy: Excitement and Growth in the Human Personality'*, by Perls F., Hefferline R.F., Goodman P., 1951. Gestalt Therapy essentially offers support for the process of contacting and so creatively and aesthetically promotes awareness, presence and growth. There are many fields for its application: individual- and group development, psychotherapy, clinical psychology and psychiatry, organisations, arts, education, social and political activism.”

As for the second issue “Gestalt” on its own – without the word “therapy” – is a term for a psychological perception, Gestalt therapy theory however is the ground for our clinical as well as organisational work. Gestalt therapy theory goes beyond a mere Gestalt psychology approach.

I do of course hear the reasoning of colleagues who want to lose the “T” in the abbreviation of our organisation, but I think it is worthwhile to find a common ground in this topic and make it clear to the outside world that Gestalt therapy is a lot more than a modality of psychotherapy.

It has been developed to enable individuals to give individual answers and enhance the personal freedom and responsibility of each of us – and at the same time it cherishes the connections and the personal relations between each individual and his/her environment. This goes bey-

ond mere psychotherapy.

And this is exactly what drives us in EAGT – we want to support the individuals in our organisation to develop important projects and contribute to their own growth and the growth of the organisation.

In EAGT we value it highly that personal encounters can take place and people can connect directly.

The question of why should we should be members of EAGT has been discussed before and will be discussed further. It is important to be clear in oneself or within a TI about one’s belonging to a community and why anybody would bother to go through all procedures of being an accredited member.

There is more to it than just the question of the “added value” in comparison to the effort – how can you put a scale to what personal and professional connection can offer?

Being invited to Bucharest as an organization was a true EAGT experience for me: Being welcomed by colleagues who did their best to accommodate us and give us a glimpse of what their city and country has to offer to Europe, making contact with students, meeting many new colleagues and enlarging my personal map of Gestalt therapists around the world.

Our organisation is growing- in the last 12 years the number of members has tripled! More than 1000 Gestalt therapists are members of

EAGT! At this point, I would like to express my thanks to everybody who is putting so much time and effort to shape this organisation into a successful and rewarding experience.

We are welcoming members from different parts of the world and we are also being asked for membership of eg a Kasachstani Gestalt therapy organisation. Being member of EAGT is not a matter of geographical boundaries but one of a shared understanding of Gestalt therapy as a stance in the world and to be shared with anyone who shares EAGT’s values as they are stated in our statutes.

The plane is about to land, and I feel energised and clear about my passion and connection to my dear friends and colleagues in EAGT and expressing my gratitude to our Romanian colleagues who hosted us so carefully and creatively!

Revising this text now, beginning of December, I feel the need to return once again to Marga as she is not well at all in these days. We hope that you, dear Marga, find again the energy and strength to surprise us again and our thoughts, care and love are with you!

With warm wishes for a wonderful and enchanting festive season,

Looking forward to meet you in Groningen in March,

*Beatrix Wimmer,*  
President



# Report from the Treasurer

It is nice to write a report for you all. I could not be present for the meetings in Bucharest. I have been ill and had surgery to remove cancer from my bowels. That is in a short sentence what happened, but it is a longer story to have that experience. It took a while to regain my energy. The prospects are that I am free of cancer now, so that is good. During some months I was not able to do more than the most urgent things for EAGT. I closed my practice for some time and that has an impact too. So, there was a lot to digest.

I am glad to write my report. In May there was the Gestalt Research Conference in Paris, where a lot of people participated. I leave the scientific aspect of this conference to the Research Committee, but it was also financially a big success. In 2016 there was some discussion whether the EAGT should go into the financial responsibility of this conference, where the start was made by the two French Gestalt associations. The AAGT was also involved in earlier research conferences. Then an agree-



ment was made to spread some of the risks and the conference could continue if there were 110 participants and a lot of voluntary work. In the end there were 200 participants and some of the expenses the volunteers made could be refunded. And the surplus was divided over the involved associations. The energetic efforts of *Vincent Beja* (EAGT, SFG, CEGT), *Gianni Francesetti*, *Jan Roubal* (all EAGT) and *Mark Reck* (AAGT) made

this conference such a success. *Marga Berends* (EAGT office) did a lot of the administration.

Meanwhile, the regular activities of EAGT went on too. We have an active association with several projects and things going on, concerning members, accreditations, publications, human right projects, training standards, ethical issues and networking in the broader fields like the EAP. This all has financial aspects to be considered. And we have the staff (*Marga* and *Wilma Trip*) to do all the office management to make it possible.

In the AGM in September the year 2016 is reported with a healthy balance for the EAGT. The estimate for 2018 is made and set. We keep the membership fees at the same level since 2012. That is possible because of the growing number of memberships (25% more than in 2013).

I look forward meeting the representatives and committee members in March 2018!

*Jack van Liesdonk*

Treasurer, vice-president EAGT



**MEETING SCHEDULE**

[5/28]

**EAGT Meetings – SCHEDULE OVERVIEW for 2018-2020**

**2018 – CITY Groningen, The Netherlands**

date	groupname	Number of persons	time
<b>02-03-2018</b>	Research	Max. 7	09:00 till 11:30 hours
	HR&SR	Max.7	11:30 till 14:00 hours
	EC	Max. 7	14:00 till 18:00 hours
	EEC	Max. 5	15:00 till 17:00 hours
	GB	Max. 30	18:00 till 20:00 hours
<b>03-03-2018</b>	GB	Max. 30	09:30 till 12:30 hours
	lunch	Max. 30	12:30 till 14:00 hours
	GB	Max. 30	14:00 till 17:30 hours
	PC&QS	Max. 7	17:45 till 18:15 hours
	TSC	Max. 5	17:45 till 18:15 hours
	PC&QS/TSC	Max. 12	18:15 till 19:45 hours
<b>04-03-2018</b>	EC	Max. 7	09:00 till 13:00 hours
	TSC	Max. 5	13:30 till 16:00 hours
	TIC		Afternoon

**2018 – BUDAPEST, HUNGARY**

Date	groupname	Number of persons	time
<b>05-10-2018</b>	EC	Max. 7	13:00 till 17:00 hours
	GB	Max. 35	17:00 till 19:00 hours
	Joint meal	Max. 35	19:30 hours
<b>06-10-2018</b>	GB	Max. 35	09:30 till 12:30 hours
	lunch		12:30 till 13:30 hours
	AGM	Max. 60	13:30 till 17:30 hours
<b>07-10-2018</b>	EC	Max. 7	09:30 till 13:00 hours

**2019 – CITY Y, THE NETHERLANDS**

date	groupname	Number of persons	time
<b>01-03-2019</b>	Research	Max. 7	09:00 till 11:30 hours
	TIC	Max. 35	09:00 till 13:00 hours
	HR&SR	Max.7	11:30 till 14:00 hours
	EC	Max. 7	14:00 till 18:00 hours
	EEC	Max. 5	15:00 till 17:00 hours
	GB	Max. 30	18:00 till 20:00 hours
<b>02-03-2019</b>	GB	Max. 30	09:30 till 12:30 hours
	lunch	Max. 30	12:30 till 14:00 hours
	GB	Max. 30	14:00 till 17:30 hours
	PC&QS	Max. 7	17:45 till 18:15 hours
	TSC	Max. 5	17:45 till 18:15 hours
	PC&QS/TSC	Max. 12	18:15 till 19:45 hours
<b>03-03-2019</b>	EC	Max. 7	09:00 till 13:00 hours
	TSC	Max. 5	13:30 till 16:00 hours

**2019 – BUDAPEST, HUNGARY**

Date	groupname	Number of persons	time
<b>16-09-2019</b>	GB		20:00 hours
<b>17-09-2019</b>	EC	Max. 7	09:30 till 12:30 hours
	TSC	Max. 6	13:00 till 15:00 hours
	Research	Max. 7	13:00 till 15:00 hours
	GB	Max. 35	15:00 till 19:30 hours
<b>18-09-2019</b>	AGM	Max. 60	09:00 till 12:30 hours
	GPO	Max. 7	13:00 till 15:00 hours
	HR&SR	Max. 8	13:00 till 15:00 hours
	PC&QS	Max. 8	14:30 till 16:30 hours
<b>19   22-2019</b>	Conference		
<b>22-09-2019</b>	EC	Max. 7	13:30 till 15:30 hours

**2020 – CITY Z, THE NETHERLANDS**

date	groupname	Number of persons	time
<b>28-02-2020</b>	Research	Max. 7	09:00 till 11:30 hours
	TIC	Max. 35	09:00 till 13:00 hours
	HR&SR	Max.7	11:30 till 14:00 hours
	EC	Max. 7	14:00 till 18:00 hours
	EEC	Max. 5	15:00 till 17:00 hours
	GB	Max. 30	18:00 till 20:00 hours
<b>29-02-2020</b>	GB	Max. 30	09:30 till 12:30 hours
	lunch	Max. 30	12:30 till 14:00 hours
	GB	Max. 30	14:00 till 17:30 hours
	PC&QS	Max. 7	17:45 till 18:15 hours
	TSC	Max. 5	17:45 till 18:15 hours
	PC&QS/TSC	Max. 12	18:15 till 19:45 hours
<b>01-03-2020</b>	EC	Max. 7	09:00 till 13:00 hours
	TSC	Max. 5	13:30 till 16:00 hours

**2020 – ZAGREB, CROATIA**

Date	groupname	Number of persons	time
<b>11-09-2020</b>	EC	Max. 7	13:00 till 17:00 hours
	GB	Max. 20	17:00 till 19:00 hours
	Joint meal	Max. 20	19:30 hours
<b>12-09-2020</b>	GB	Max. 20	09:30 till 12:30 hours
	lunch		12:30 till 13:30 hours
	AGM	Max. 50	13:30 till 17:30 hours
<b>13-09-2020</b>	EC	Max. 7	09:30 till 13:00 hours

## Letter to GB and AGM

December, 2017

Dear all,

During the last General Board and Annual General Meetings in Bucharest, there were some questions regarding the procedure, handbook and work of the GPO committee.

At that moment, our colleague and committee member, *Jan Standaert* tried to respond to all questions and comments regarding handbook, application form etc., but still, we are interested to hear if there are any further questions or comments.

For us the questions and comments on the handbook are the "figure" and we like to pay attention to that, for sure, but we are also inter-



ested in the "ground" of your inquiries and to be sure that we are aligned with you in our work.

We would really appreciate it therefore, if you can provide us with any additional feedback and/or proposals if you have them.

In January, we will have our next GPO committee meeting and also before that, we will surely meet on Skype and we like to pay attention to these matters if so.

Please let us have your additional feedback and proposals if you have them by sending us an email on [fjmeul@gmail.com](mailto:fjmeul@gmail.com). Thanks in advance.

Kind regards on behalf of the GPO committee of the EAGT,

*Frans Meulmeester*  
Chair



## Report from the Secretary

**D**ear friends and colleagues,  
It's a pleasure for me to share with you my work and I hope to share something new, in my role as secretary, and perhaps something else. I think its important to share with you "the numbers"; so cold but full of meaning. They are like this picture; a mirror of our work together.

NEW FULL MEMBERS: 53  
RE-REGISTRATION: 21  
SUPERVISOR: 6  
STUDENTS: 2

I think we have reached a great achievement in welcoming our sec-



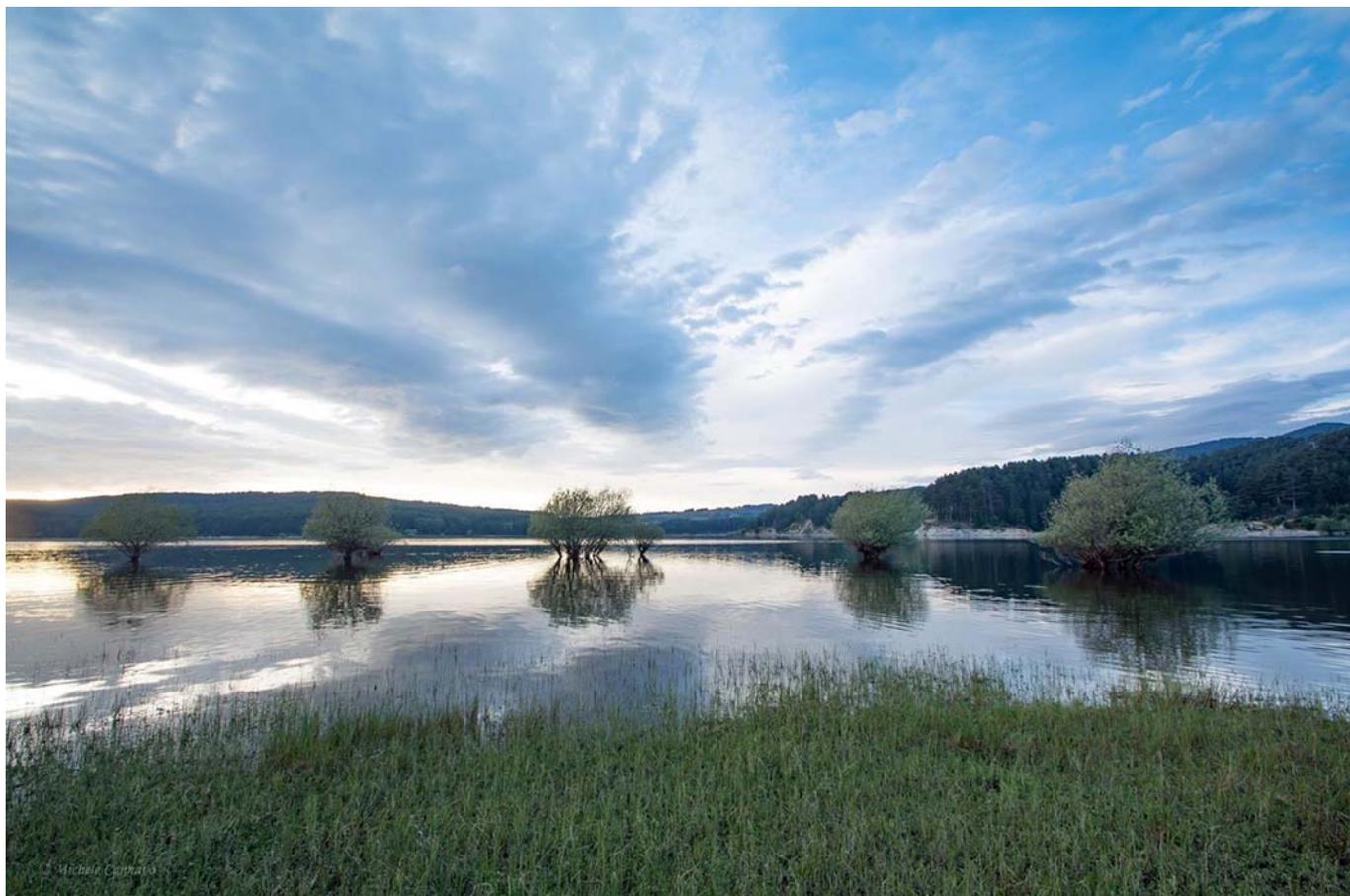
ond Associate Student Member who applied and lives in Nepal. This is the evidence of the curiosity and the need

of belonging of a new generation within our association. And above all it's an evidence of our voice in a part of the world where our efforts are becoming something concrete.

I would say thank you as always to *Marga* and *Wilma*, because they are the "Beauty souls" of our organization and they are always for me body and memories in this daily work.

Enjoy your time and your connection dear colleagues and friends.

*Michele Cannavò*  
Secretary



## Report from Training Standards Committee

**D**ear Colleagues,  
For the members of the Training Standard Committee, 2017 was a busy year:

- We have accredited 2 institutes and have just received two more new applications.
- We re-accredited 3 institutes, and are in the midst of re-accrediting 9 more institutes.
- Regrettably we had to deny re-accreditation of one institute.
- One new Supervision Training Program has applied for accreditation.
- At our last AGM meeting in Bucharest, important changes/ clarifications/ and additions have been voted and approved as part of the revision of TS paper. Hopefully, this process will be concluded in September 2018 when we meet in Budapest.

• Together with PC&QS Com. we are planning activities aimed at promoting the implementation of the qualitative standards into all the stages of becoming a therapist: in the training process itself, at evaluations and in supervision. In other words, we aim to bring these competences to life, to encourage every therapist to regard them as guidelines in one's professional socialization. We hope that in the long run qualitative and quantitative standards will define our proficiency.

• For the moment we are planning together with PC&QS Committee the TIC meeting as well as seminars, and workshops in various institutes and NOGTs.



• The same can be said about integrating Research, the new topic that was just voted for, to become part of our core curricula. Social, political and financial pressure, have done only good to our training programs. Thanks to some of our pioneers, (former and present leaders of the

Research committee and others), the topic that seemed detached and foreign to psychotherapy in general – and Gestalt therapy in particular – has become interesting, stimulating, approachable and is in fact gaining its place in our school of thought.

The two last seminars held in

Rome and Paris that were devoted to research turned out to be a hit! Colleagues from all over Europe crowded and enthusiastically put their heads together, challenged by the new aspect of our work. Of course, now that it has become officially one of the mandatory topics in any training program – institutes may seek for support and advise regarding its implementation, which we will gladly offer, in co-operation with the Re-

search Committee.

As you can see our work is synergistic with developments of our field, it brings interest and satisfaction to all of us. Another source of support to our work is the close, personal contacts that are co-created with institutes, staff and trainees, as we become a resource of information and advice in various turning-points and developmental dilemma that come their way. We work as a close unit

of colleagues who, in spite of differences in all parameters of life – share a sound felling of mutual trust and confidence – that provide the zest that we need.

We are here for you, open to you, and eager to serve. When you tell us what you need from TSC – we will do our best to attend.

Have a healthy, merry, rewarding, challenging, happy 2018!

*Ester, Silvia, Olaf, Dick, Nurith*



## Chair PC&CS Committee

**D**ear colleagues,  
This year the EAGT Committee for Professional Competencies & Qualitative Standards has been active in internal and external communications with the aim to present the Gestalt Therapists' specific competences, as well as to expound needs and benefits of having our own professional competences well described, based on Gestalt values, theory and methods.

A panel "How to include research competency into psychotherapy training" was organised during the Gestalt Research Conference in Paris in May, where we met many psychotherapy trainers and leaders of Training Institutes, particularly TI's from France, and we had the opportunity to hear more about their practice in teaching and assessing main competences. With the participants we explored how research can be taught in a training of psychotherapy to complement and enhance the learning process of trainees, as well as how to do research on the training process and outcomes in a way which would provide a useful feedback to the trainers and supervisors in TI's.

We presented PC&QS activities and plans at the EAGT General Board meeting in September in Bucharest and got support from NOGT's representatives and Executive Committee for further activities and the project of creating and publishing a new book on Gestalt Therapists pro-



fessional competences, through the process of collaborative writing and reviewing within a wider circle of Gestalt colleagues.

We have planned to join TIC meetings to hear how different TI's teach and assess competences of their students and graduates in their training program and we hope to facilitate an exchange examples on good practice.

Together with EC and representatives from the Training Standard Committee and the Research Committee we are involved in planning a Training Institutes Chamber (TIC) meeting in March 2018, where we will meet TI's representatives to share experience how we are using case studies in our Gestalt training, and to explore needs and possibilities for developing guidelines how to use

case studies as a suitable research method in Gestalt psychotherapy.

During the year we were involved in revision of the EAGT document on "Specific Competences of Gestalt Therapists", based on the comments received so far in the dialogue surrounding the document in our Gestalt community, particularly among Training Institutes (TIs) and National Organisations of Gestalt therapists (NOGT's). A new revised version on the document will be available online from 2018.

The aim of PC&QS Committee is to provide the framework of Gestalt-specific competences that could support therapists, trainers and students to effectively bridging Gestalt theory and practice, as well as to contribute to the promotion of our professional identity of Gestalt psychotherapists. We invite all of you, therapists, trainers and students, to recognize competences in your practice, as well as possible dilemmas, and to contact us if you would like to share it or to explore and hear more about it.

We thank you for your stimulative and productive exchange in 2017, and we are looking forward to new opportunities for contacts and cooperations in the New Year.

Wishing you all the best in 2018.!!!

On behalf of the PC&QS Committee,

*Ivana Vidakovic*

## Report from the Human Rights & Social Responsibility Committee



Elena Levchuk

*“epicenter of the trauma” and other times because of being emotionally exhausted.*

*You /the trainers/ succeeded*

*once in a while to overcome yourselves and contain the dynamics of a group that was firstly divided - and then deflecting a lot.*

*Nevertheless, among us there was something that connected us - this is why it was possible to listen and to talk, to receive and to give. We have learned to live as one organism, to be a team of Gestalt trainers. At the same time each of us remained him/her self - not merging with the community and not becoming confluent, keeping individuality and differences.*

*As a part of this group, this living organism, I was able to move from my state of retroreflecting to a more aware one, with Your patience, tolerance and support.*

*Beloved foreign trainers, this project, has become for us a kind of bridging, in which it is possible to set boundaries and develop our own strategies of work with trauma. The strategies you have consistently revealed to us and enabled us to exper-*

reports. This time I would like to give some space to the participants of the Ukraine project and present a letter from *Elena Levchuk*, who describes her experience from the training. This letter is just one piece of work from a series of articles that will be shared during the conference our Committee organizes in Berlin in October 2018.

A few more words about this conference and an invitation to all interested follows right after Elena's writings.

So, here we go with some sharing of Elena's experience:

### Thank You! ..... from Ukraine

*Thanks to this project, I was able to stop and re-think my professional experience in dealing with social crisis and massive violence. In a work setting where I sometimes have no more strength nor thoughts but just a desire to help and some skills. In a work field where old people are crying and children are silent, where the soldiers and volunteers are being shot - in all this that is called WAR! And where there is no room for “fatigue” or “burnout.”*

*Almost every one of us, the group members, has brought their war with them - either from their professional activities or from their volunteer initiatives.*

*This was often unconscious, sometimes because of being in the*

### Conference in Berlin 26-28 October 2018

The HR&SR Committee in 2017 has been continuing all the projects that started the previous years. To quickly remind you what we are currently doing I will just list our recent activities:

Supporting working staff from *Babel mental Health Day Center* in Greece, supporting volunteers in *Lesvos*, supporting *Peace Brigades International* / accompanying *Human Rights Defenders* / and finalizing the *Train the Trainers* project in *Ukraine*.

Our activities in Greece, together with the local *NOGT* - the *Hellenic Association of Gestalt Therapists (HAGT)*, as well as our work with *PBI* have been described in details in the previous newsletters and yearly

iment with. At the same time, you have stimulated and encouraged creative adaptation. We will bring the professional experience of each of you to our world, where there is no stability, but there are knowledge and skills!

We know that the idea of this "Train the Trainers Program" was born as a spontaneous reaction to our needs, that there were difficulties in looking for funding, support sources and trainers, who would agree to come to Ukraine to work with us.

Therefore, we express our gratitude towards those who understood and took responsibility for creating this necessary and humanitarian project. To those who took upon themselves the mission to lead and be "here and now" in the center of our reality, in its soul, heart and mind trying to understand the complexity of the whole, the situation in which our society is.

We thank the Human Rights and Social Responsibility Committee of EAGT.

We express special appreciation to Nurith Levi and Dieter Bongers, Joanna Kato, Ivana Vidakovic and Eduardo Salvador. You were with us in our fears and comforted us in our pain, you have dispelled our myths and strengthened us in our knowledge. You contained our ambitions and stood our frustration, you paid attention to the personal development of each of us and gave us your professional support.

It was nice that you did not bring "your thing" to implement it and instead you explored. We did not need to protect "our thing".

Your experience and ability to influence the "environment" helped

us strengthen our faith in ourselves and our capabilities, to protect and to trust the process, allow awareness to emerge and be responsible. You showed different styles, you taught us to test reality and you respected our expression. Your training team has given us faith and hope!

"The future of each country depends on its people and on the personal responsibility of every one of them"! We are here expressing respect and gratitude to the entire EAGT community.

Elena Levchuk – Gestalt therapist, trainer.  
Kiev 25.07. 2017

Encouraged by the exchange of experiences among us, the HR&SR Committee members, the colleagues from Ukraine, Greece, PBI volunteers located in different countries we have thought about gathering and sharing our knowledge, experiences and sources of support.

This is how the idea of a conference emerged and is becoming formal.

**We are therefore inviting you to the Human Rights & Social Responsibility Committee CONFERENCE!!! please save the date!**

The title of the conference is:

**"Yes We Care! Supporting Human Dignity and Human Contacts in a Collapsing field".**

Place: Berlin

Date: 26th–28th October, 2018.

The conference venue is located in Berlin, an easy accessible town with several green spots.

The "Weiberwirtschaft" is one of them. Please check

<https://weiberwirtschaft.de/home/>  
Colleagues from the German

NOGT (DVG) are already supporting our initiative and helping us with planning and organizational issues.

We also kindly ask local NOGTs to support us and consider the possibility of funding a scholarship for one of their members, that is for one person interested in attending the conference.

The conference is planned to be an interactive meeting of front line workers acting in social fields in several countries, a space to give voice to those who are rarely heard.

The conference goal is to validate and support people who are directly involved in the social field and, hopefully, to create an international support network. The number of participants is planned to be till 70 since we wish for those who will attend to be able to interact, share experiences and get to know each other.

The HR&SR Committee is also planning to support the ones who wish to participate offering a number of scholarships. The scholarship applications will be considered individually.

To share the participants experiences among a bigger number of Gestalt therapists we are also planning to edit a new, post-conference book that will include the participants' and our reflections on work in the social field.

For more information and details please check <http://yeswecare.overblog.com/2017/11/yes-we-care-supporting-human-dignity-and-human-contacts-in-a-collapsing-field.html> and later [www.eagt.org](http://www.eagt.org)

For the HR&SR Committee  
*Joanna Kato*  
Chair

## Society for Psychotherapy Research

Since my involvement in research has been exponentially increasing in these recent times, I have been asked to shortly introduce the Society for Psychotherapy Research (SPR) to you, dear Gestalt readers. The information shared below are visible in the SPR website, where you can find much more: [www.psychotherapyresearch.org](http://www.psychotherapyresearch.org)

The SPR is an international, multidisciplinary scientific association (non-profit) devoted to research on psychotherapy. SPR's aims are: to encourage the development of scientific research on psychotherapy; to foster the communication, understanding, and use of research findings; to enhance the scientific and social value of psychotherapy research; to contribute, through research, to

enhancing the effectiveness of psychotherapies.

In order to pursue its aims, SPR organises several activities including: regular meetings for the communication of research ideas, methods, findings, and applications; dissemination of research ideas, methods and findings through print and electronic media; and other activities such as scientific conferences and scientific information sharing.

An SPR membership would give the possibility to be part of Regional Chapters which are Society's sub-divisions formed for geographical, political, or linguistic reasons to pursue the aims of the Society. Each Regional Chapter represents at least 2 or more countries in a different geographical area. At the moment there

are four of them: Latin American, UK, European and North American Chapters. They organise scientific meetings, and may engage in other activities for the advancement of psychotherapy research. Being a student member opens up to relevant opportunities, for instance the Student Travel Award which financially supports students to present at international meetings and regional chapter meetings.

Furthermore, SPR offers grants and awards opportunities, and the possibility for accessing the SPR official journal *Psychotherapy Research*.

Hoping to have provided enough information to catch your curiosity, I now leave some space to Jan Roubal to share his experience with the SPR.

*Alessandra*

Thank you very much, Alessandra. I would like to add that I personally see the involvement in the SPR as the next very much needed step for our Gestalt therapists community.

There are several reasons for that: we can get in touch with a broader psychotherapy field and follow the current trends; we can experience an atmosphere of a shared enthusiasm and visions for research in psychotherapy (the research competition "which approach is more effective" is more or less over); we can learn from others – not only how they succeeded but also where they encountered dead ends; and we can also bring our broad practical experiences and deep

theoretical knowledge about the relational field theory paradigm to the psychotherapy mainstream (which seems now to be moving closer to this direction too).

The last conference in September 2017 was in Oxford, and it was dedicated to searching for ways of connecting research to practice. The trend is clear: to make research attractive and useful for practitioners, and to focus research to the natural conditions of a daily psychotherapy practice. I have visited many SPR conferences in the last years, and I must say I felt really encouraged by the unique combination of a high professionalism and a respectful approach to newcomers. I found it ex-

tremely supportive to discover that there are not only the big names of psychotherapy research at the conferences, but also a lot of psychotherapists from practice, who struggle with the same questions as I do, and who find their creative solutions for doing research in many inspiring ways. Getting in touch with research through SPR, made me increasing my interest in what I actually do with my clients, in the interpersonal processes of change, and in the specifics of the Gestalt therapy methodology; moreover, in general, it helped me to find my work with clients more interesting, adventurous and meaningful.

*Jan Roubal*

## CONFERENCE ANNOUNCEMENT

[14/28]

**SAVE THE DATE:**  
19~22 September 2019

### EAGT Conference 2019 Budapest – First announcement

*"Fertile void where surprise is possible again"*  
– Paul Goodman



### Gestalt Conference • Budapest 2019 •

The next possibility for Gestalt practitioners, therapists, OD consultants to connect and share how the modern Gestalt therapy theory and practice evolves will be at the *EAGT conference in Budapest* from the 19th to the 22nd September 2019.

We would like to inspire you to come and join us and the Gestalt community.

This first announcement is like the motto itself: Staying in the state of not knowing and trusting in the flow of life. Believing that, by experiencing the emptiness of being, the creative energy flows and new understanding manifests continuously. This is the basis for the Gestalt humanistic and integrative viewpoint.

During the Conference several opportunities will be in place to explore: key note speakers, lectures, workshops and other occasions during this long weekend, to ensure that everybody can find an interest in the

rich world of contemporary Gestalt practice.

The Conference is a space to explore these two phenomena: fertile void and creative indifference, and discover their aspects:

- Scientific and methodological
- Social and political
- Existential and spiritual

#### Scientific and methodological aspects

There is an opportunity in creative indifference to direct our attention to such a holistic perspective, which points far beyond the polarity of figure and ground.

#### Social and political aspects

We need bravery, faith, deep knowledge and consciousness in order to be able to stay in the not knowing and not to become desensitised.

Not reacting, not moving, these are not equal to powerlessness and separation. Not knowing does not

mean cluelessness.

Staying in the fertile void and in creative indifference allows us to see the polarities and at the same time liberates us from forced choices.

#### Transpersonal and spiritual aspects

This place is the fertile void that can lead to our greatest personal development. This is a unique opportunity to reconnect to the deeper meaning in ourselves without the polarising, opposing forces. We find our own core that can integrate all, and from where the creative self without form can emerge.

Come and experience yourself and others! Come and meet colleagues and friends! Come and take part in the adventure of learning from each other!

Come and enjoy the company and the city of Budapest as well!

Early in 2018 we will come back to you with further details regarding the venue, the detailed programme and the 1st best prices on our website, which is planned to be launched in February 2018.

*The Hungarian Gestalt Association*  
as conveners

### CONFERENCE REPORT

[15/28]

## *Exploring* Practice-based Research *in Gestalt Therapy*

PARIS 2017 May 26/27/28



**A**t the heart of Paris, the biggest room of the venue we had found was full! More than 200 people had registered!

After the 2 previous conferences in Cape Cod in 2013 and 2015 where around 40 people attended, the third one in Paris was a great success and has definitely launched the research tradition in our community. About 80 people were french while a minority came from overseas (Australia, Chile, United States, Canada, Brasil...). Around 100 people came from all over Europe, from Portugal to Georgia and from Malta to Norway!); there were trainers, practitioner-researchers in Gestalt-therapy and also trainees. Unfortunately, like in Taormina, two of our colleagues from Nepal didn't get their visa and could not attend despite the collective efforts of the conveners and of the presidents of the four organizing associations, namely EAGT, AAGT, SFG, CEG-t.

Our Mentors were *Louis Cas-*

*tonguay* (a well known north american TCC researcher, past president of the SPR – society for Psychotherapy Research) *Wolfgang Tschacher* (a systemic german researcher, past president of the SPR european chapter) and *Xavier Briffault* (a french researcher in health epistemology, who had once been trained in Gestalt Therapy). Their lectures were brilliant and inspiring and were video-recorded. You can watch them on the conference website

[www.gestalt-research.com](http://www.gestalt-research.com).

Many workshops went on about as different research topics as social work, supervision, outcomes of different projects, current projects, introducing workshop for beginners in research, methodologies for Gestalt Research, how to implement research in Training Institutes, the organizing of the international research movement etc... Many of the authors have offered their paper which you can download too! The full list of presenters is on the conference

website under the «archives» in the menu at the «program» tab.

Access to the website is very easy: simply go to «my account» and give a name and an email address. You'll receive your login password and then could have full access. There is also a forum where you can start discussing !

The people who supported the conference and worked hard for it to happen where the 4 conveners – *Vincent Beja*, *Jan Roubal*, *Gianni Francesetti* and *Mark Reck* – the EAGT treasurer *Jack van Liesdonk*, the EAGT officer *Marga Berends* and people of the french Research Committee, namely *Florence Belasco* and *Lynne Rigaud*.

In order to fully report the process and give some idea of the ambiance, I have to say that we spent a very nice social evening on an old chinese Junk on the Seine river where participants could meet, talk, eat, drink and dance!

Last but not least, the financial balance is beneficial (more than 5000€ left)! This is very stimulating for the organizers of the next conference which should be held in Santiago (Chile) in 2019. They are now expecting at least 400 people !

Paris' «Exploring Practice-Based Research in Gestalt Therapy» was a really great event for our worldwide community and – we hope so – a good predictor for futur major achievements !

*Vincent Beja*

## The 1st National Assembly of Georgian Gestalt Therapists

**O**n March 27, 2017 the 1st Assembly of Georgian Gestalt Therapists was held. The goal of the Assembly was to announce the founding of the **Georgian Association for Gestalt Therapy**. The event was organized by the Georgian National Gestalt Institute and hosted by the NATO-EU Information Centre.

The Georgian National Gestalt Institute and Caucasus Institute of Gestalt Therapy and Family Psychotherapy initiated foundation of the Association. Through their efforts, the three current gestalt therapy institutes in Georgia -- Georgian National Gestalt Institute, Caucasus Institute of Gestalt Therapy and Family Psychotherapy and Tbilisi Gestalt Institute – on a parity basis, have become the founding members of the Georgian Association for Gestalt Therapists.

The founders of the Georgian Association for Gestalt Therapy, the graduates and the students of the Gestalt Institutes spoke at the Assembly. The greeting and congratulation speech was also given by Prof. Nurith Levi, Head of the EAGT Training Standards Committee, and Mentor of the training program at the Georgian National Gestalt Institute, who attended the event as an honorable guest.

Georgian psychology has a long and outstanding history. The psy-



chological school of the “Theory of Attitude” has been one of the prominent directions in psychology at the international level. As for the Georgian psychotherapy traditions and practices, they were poor prior to the 21st century because of the isolation of the Soviet Union and Georgia from the rest of the world.



Nowadays, teaching Gestalt Therapy, together with the “Theory of Attitude”, is of high importance and priority at the Georgian National Gestalt Institute and St. Andrew Geor-

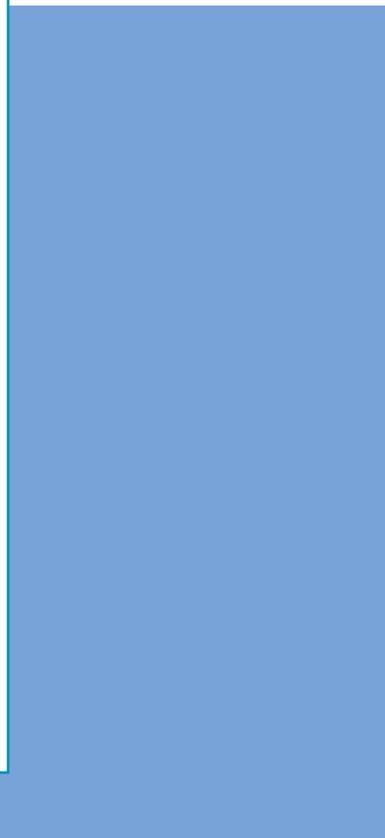
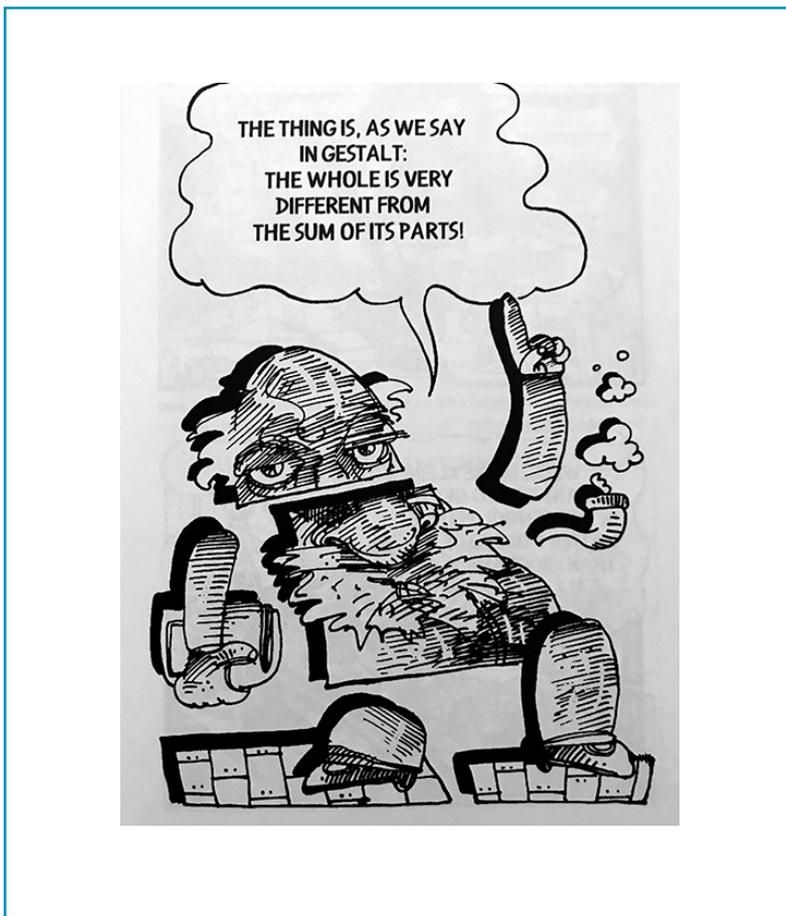
gian University. “Theory of Attitude” and Gestalt psychotherapeutic modality is presented at the bachelor’s, master’s and doctoral levels. The initiators of creating and teaching these programs are the first EAGT Accredited Gestalt therapists in Georgia, Prof. Dimitri Nadirashvili and Prof. Tea Gogotishvili.

Gestalt Psychotherapy, introduced in Georgia by Prof. Dimitri Nadirashvili, Doctor of Psychological Sciences, has gained widespread acceptance and application in the country. Mr. Nadirashvili was the first to enter Gestalt Therapeutic modality into the curriculum of D. Uznadze Institute of Psychology. He founded Georgian National Gestalt Institute -- the first institution in Georgia and the Caucasus which has been training Gestalt therapists according to the EAGT standards. At present, three

Gestalt institutes are functioning in Georgia. Given the path of European integration, it is especially important for Georgia to include the profes-

sional fields in the implementation of European standards. Georgian Association for Gestalt Therapy will ensure compliance with the EAGT

regulations of training and professional standards in Georgia and the integration of Georgian Gestaltists in the international professional space.



## Astrid's Interview / Astrid Dusendschön

**D**ear Carmen Beyer,  
I am happy to welcome you in «The interview» section of this EAGT's Winter 2017 newsletter issue.

The aim of the section is to have a space in our newsletter to allow members of EAGT to share about who they are, their practice, activities, their links to EAGT, ... in order to support creating ties, curiosity to go towards and discover the people who form our EAGT community.

We met in Bucharest in September 2017, where you and your colleagues hosted EAGT's AGM and made our stay very warm and welcoming, and a unique opportunity to discover, for some, or re-visit for others, your country and capital. I felt a connection to you immediately and wished, for the ones who have not had the opportunity to meet you yet, to interview you.

**H**ow would you introduce yourself?

First, I would like to thank you, Astrid, I feel honoured and glad to get in touch with so many people through this newsletter.

I am a simple person, I love nature and the small things in everyday life. I have a daughter, who is 28 years old, whom I love very much. She studied Political Science and European Studies in Vienna and remained to live there with her boyfriend. I have always lived and worked in Bucharest. I have been in a very long relationship until 2012, when I got divorced. Now I am single, I travel a lot and I dedicate a part of my time to environmental protection activities.

**What makes you happy?**

My daughter makes me infinitely happy... And then, there are many small things that fill my heart with joy. It is an innate quality that I have, I am not easily bored, and the things



Carmen Beyer

that I like, each time I see them, I feel like I'm seeing them for the first time. This happens with blossomed orchards, medicinal herbs, goat- or sheep herds that cross my path when I am traveling the country by car in remote places, forgotten by time, any person with a good heart that I meet, beaches with fine sand and crystal clear water, such as Gerakas beach – I am a beach addicted person, and many more.

**What makes you sad?**

Suffering, in general, and aggressiveness towards nature.

What concerns me now is how trees are being mangled in my city: their crowns are chopped again and again until nothing is left but the trunk and some stumps. For each cutting operation, the private company contracted by the town hall gets impressive sums of money. As a consequence the trees are cut even in spring or summer when they are blossoming, I witnessed this many times. On my street, the crown of a blossomed century-old linden tree, which was very healthy, was cut down in August at 40 °C, when all of us needed some shade. The head of the team told me mockingly that they were cutting the linden tree to help an old lady, who was just passing by, to pick the flowers for tea. And this is not an isolated case, the habit of falsely maintaining a company's annual turnover by providing useless services is widely spread.

**What made you choose to become a therapist/trainer?**

At first I knew only one thing clearly, that I wanted to work in contact with people, a contact between the essence of my being and the essence of their being. There was no faculty of psychology back then, it had been shut down in the '70s, and I felt attracted by theatre and film, somehow inspired by my favourite

directors: *Tarkovsky* and *Antonioni*. I now realise that I was perceiving their films as a sort of therapy. Then, the faculty of psychology was reintroduced in the early '90s and the attraction was immediate. I felt guided by a very strong instinct, I didn't exactly know where I was heading and what I would find at the end of the road. Anyway, my overall feeling had always been that I chose this profession just as much as it chose me, because many significant encounters, which shaped me over time, simply came towards me.

### What are your today's activities?

I have worked in a private practice since '99. With adult patients, I work a lot with dreams. I am the senior trainer/supervisor at the Gestalt Therapy Society of Romania, and also a trainer/supervisor at the Romanian Association of Analytical Psychology where I teach ethics, therapeutic relationship and therapeutic dialogue. I am connected to different organisations that fight for environmental protection and I participate in all organised protests against abusive deforestation, hydraulic fracturing and open-cast cyanide mining, such as the Rosia Montana movement.

### How did you meet with Gestalt Therapy?

I first met with Gestalt at the university, while I was doing a Master in Psychotherapy and Psycho diagnosis and I was taking part in a training program in experiential psychotherapies financed by EU-PHARE, which was connected to the master. There were elements of different humanistic psychotherapies mixed in that program and I instinctively choose Gestalt which seemed to me very much related to the naturalness of the human being. After I graduated this program as a therapist and train-

er, I held psychotherapy seminars at a private university for two years, the emphasis being on Gestalt.

What also influenced me was a prior training in visual anthropology – direct cinema, a documentary genre which consists of simply capturing the flow of reality. Our teachers from Ateliers Varan (Paris), used to tell us that we first have to develop an authentic human relationship with those who we are about to film. It was there where I polished for the first time my ability to listen, to resonate with the other, to go with the flow of things, and to develop an I–Thou relationship.

Then I met Serge, it was by chance, nothing anticipated. I was just passing through Paris, and an old Romanian friend who lived there facilitated the encounter. I left the meeting with *Serge* and *Anne Ginger* deeply impressed and with the feeling that we had known each other since forever. I returned many times to Paris and Montpellier for training sessions. Afterwards, together with Serge, the EPG team and some of my former students, we organised the first training program in Gestalt therapy in Romania, extended over several years. *Merci EPG, merci Serge, merci a tous.*

### What are according to you the limits of Gestalt Therapy?

Maybe a slight preference towards extroversion and interpersonal contact compared to transpersonal and religious contact and experience? A rich theoretical background for the first and a more modest one for the latter?

### Did you train to other approaches?

Yes, I am also trained in Jungian Analysis.

### What about the situation of Gestalt Therapy, and psychotherapy more generally, in Romania?

In Romania, Gestalt therapy is recognised and accredited as a method of psychotherapy. The training in Gestalt Therapy is ensured by our school, the Gestalt Therapy Society of Romania, on a regular basis in two major university centres: Bucharest and Sibiu, and sometimes in other cities as well. Psychotherapy is recognised as a profession, but not as an independent one. The practice of psychotherapy is regulated by the Psychologists Council. The training takes a minimum of four years and a degree in Psychology, Social Work, Medicine, Pedagogy, Philosophy or Theology is required. Each method has a representative in the Romanian Federation of Psychotherapy, the umbrella organisation affiliated with the EAP.

### What is your view for the future for GT?

I hope that one day the guiding principles of Gestalt therapy will be applied in my country in the educational field and politics. And in general, I think the research activity will probably significantly shape the future of GT.

### Carmen, you are the NOGT representative at EAGT...

The process of accreditation of Gestalt as a psychotherapy modality in Romania was a long one, extended over several years. Somehow, the commitment and affiliation to various professional bodies occurred at first like a necessity. But then, the contact with colleagues from so many countries and with such different backgrounds brought me each time a good and refreshing feeling, something new. Taking part in the EAGT activities was for me a learning experience.

### One professional experience you will never forget?

There are many, but I will choose one. I was working with a five year old boy. He was meant to go to school the following year, but he was refusing to talk or to interact in any way with anyone else apart from a few family members, despite the fact that he was very intelligent. At first, his mother would sit in the next room, so that he could see her and go to her whenever he wanted. Then, after a while, as he was becoming more involved in the games he was playing in the office his mother withdrew gradually. But although we were alone, he continued not to say any word or look at me at all, as if I weren't there.

I found out that one of his passions was to play chess, and I had a special chess game, in which the multi-coloured pieces represented two Indian tribes. It was stored in a cupboard on a higher shelf. One day, I took the chess game, set it between us and said to him naturally, "Let's play!" And I started arranging the chess pieces. He looked at them fascinatedly and could not resist. We started playing one game in every session, but every time, things happened identically and I grew bored. One day, I felt like making something different: I took a pawn from

my side of the board and made him go and visit a pawn on his side of the board. I mimicked the two pawns kissing on the cheek, then on the other cheek, whispering a little, then saying goodbye and each going back to its place. He just watched with interest the version that I had brought, but I didn't know whether he liked it or not. This happened several times, then we stopped playing chess.

Not long after, he came in my office and looked completely changed. He didn't immediately immerse in a game without noticing me, instead he stretched out on the couch, with a look of immense happiness on his face. I was impressed, without understanding what was going on. I sat down and, fortunately, something invisible stopped me from saying or doing anything. We sat together in silence for a while. Then he took something out of his pocket and held it out towards me. It was an audio tape with his favourite music, which he had brought with him so we could listen to it together. I was deeply touched, we shared a lot of emotion in that session.

### What question did I not ask you and you would have liked me to? And the answer to it is?

The text was written in Romani-

an and then translated into English, is it any difference? Yes, the most striking one is that we often use only the verb. We say "am" or "go", instead of "I am", "I go". When I saw the translation, I was surprised to find an abundance of "I" where there had only been a flow of experiences or verbs.

### What question would you not have liked to answer to?

Why don't you drink wine?

### If you had to choose 1 to 3 words that depict you as a private and as a professional?

Love, live and let live, trust the process.

### If one wants to contact you, is it possible per email?

Yes, of course, my e-mail is [gestaltro@yahoo.com](mailto:gestaltro@yahoo.com)

*Thank you very much dear Carmen for your accepting this exercise. I am happy to have solicited you for this and discover the richness of your life experience, as well as simplicity and profoundness at your contact.*

*Astrid Dusendschön,  
December 2017*



## My political experience according to the Gestalt perspective

– *Pietro Andrea Cavaleri* in an interview  
by *Michela Gecele*

**W**hat tools has Gestalt Therapy (GT) given you for your active political career?

The main tool GT gave me was the perspective of the “field”. Everything that happens (emergencies, conflicts, etc.) can never be understood or modified by referring only to single facts or persons, It has to be contextualized within a complex, dynamic, changing field where the totality is always something different from the sum of the parts, where conflicts are always the precious space in which differences, awaiting to be recognized and integrated, emerge.

Another important “tool”: awareness of my and others’ intentionality. In politics very often you say what you do not think or feel and you think or feel what you do not say. In this way you continuously manipulate yourself and others. It is important never to lose sight of your congruence, constantly sensing the spontaneous intentionality of others. You can do that through the phenomenology and aesthetics of contact. This is a “tool” that helps you not to “go crazy”, neither to manipulate nor to be manipulated. This is a tool that makes you understand how to get out, in a mentally healthy way,

of blind streets, where you often feel stranded, caged, helpless.

**Specifically, which tools did GT give which you did not think you had?**

To be congruent with my emotions has enabled me to be assertive and sincerely aggressive on many occasions, with a vitality and energy that I never suspected I had, disorienting others and gaining greater authority, getting out of impasses and triggering processes of change. I learned at my expense how important it is to “regulate” the expression of one’s own spontaneous emotion.

As politics is a context in which it is necessary to “appear” and not “to be”, where letting your feelings out is often considered a fragility rather than a resource. On the other hand, being able to read, accept and legitimize my and others’ emotional fragility was a “therapist’s attitude” that on many occasions has enabled me to create solid alliances and to unlock crystallized and dysfunctional dynamics.

**And which tools did GT not give you?**

GT lets you move smoothly in individual, couple, family sessions, in



small groups or relational systems. It does not allow you to manage easily complex systems such as political parties, political movements or municipal administrations, urban communities or neighborhoods.

Complexity generates relational and emotional dynamics that are more difficult to contain and manage as they are both more sophisticated and more archaic. You do experience more frequently frustration due to impotence, confusion, inability.

I have learned how important the practice of patience, an awareness of limitations, both ours and others’, is in politics. As well as the fundamental attitude of collaboration, confrontation, dialogue and inclusion. Politics, in the end, is the art of integrating, it

is the art of supporting the “self function” of an entire community! But it is a very difficult and sometimes very “unlikely” art! The elements to be integrated are so many and they are often crushed!

**How did you present yourself at the beginning of your political business? How did you draw from all your life and professional experience?**

It has helped me to introduce myself from the very beginning as a person who knows his many limits. So many that she cannot do it alone and needs everyone, no one excluded, from the manager to the last of the usherers, from the most trusted of the allies to the most treacherous of the adversaries. The ability to dialogue and to put myself in other people’s shoes were the “tools” I thought I had and that helped me repeatedly and on decisive occasions. The biggest limitation was the impact of psychophysical stress. Working as a public administrator forces you into an impossible daily agenda and rhythms. It puts you into a sort of “mincer” that you cannot handle.

On the other hand, it manages you. It takes over your sleep, a healthy relationship with your body, with your family, with your private life, with your profession. It brings out of you the “archaic” and “primitive” reactions you thought you no longer had (insomnia, fear, escape, uncalled-for aggressive attack, etc.).

**During your political experience, what introjects have been loosened or strengthened?**

The introject that has dissolved: that working for the common good opens every road to you, that it gives you real strength and energy! I experienced that it is not like that! Or rather, that it is naive to think so

down the line without taking into account your weaknesses, your own and others’ limitations, your pride, the interests (hidden or overt) of so many small or large power groups that have been operating in every city forever.

If you want to work for others, for the common good of your city, you must also be prepared to be misunderstood, obstructed, unjustly accused, denigrated, despised by the same people whose welfare you are working and struggling for. To be willing to work for the common good is not enough. You need to know how to do it in a context and background that continuously produces “negative energies”, that neutralize, discredit and tend to systematically annul everything you do.

The introject that has strengthened: working for the common good of your city is possible if you are congruent, consistent, transparent, willing to dialogue with yourself and with others! Being with yourself and with others (at the contact boundary) is the only “compass” that really works, but you have to get out of the “mincer”, you have to learn to “detoxify”, to continually create spaces and time that are “oases” of authentic humanity and mental health.

**How did your political experience change your therapeutic work?**

Political experience has changed my way of being a therapist especially in the ability to grasp much more than before how many of the sufferings and wounds of our patients are actually individual and private epiphenomena of social dynamics and contradictions that go beyond the individual case. In other words, it is much clearer that the “micro” (the “figure” of the patient, its symptom, its history, etc.) can be read in its

gravity and its ability to change only if placed in the “macro “of a” background “, of an historical and social context.

Contradictions leading to psychopathology and, in general, to mental suffering have their origin in the economy and political choices.

**Let’s take a step back and consider how this experience has changed you, your way of thinking and being and, secondly, your therapeutic skills. In particular, how has the background and figure of the therapeutic encounter changed?**

Political experience has changed me radically. It made me understand that the “narratives” by the press and politicians, almost never correspond to the so-called reality. I saw for myself that there are professional groups and groups of power (masons-mafiosi, common to every party and every institutional organ) that condition and subjugate politics at the local, national and global level more than you can even suspect.

The so-called democracy is in fact a great illusion, a convenient representation proved wrong by facts and evidences: decisions are often taken in advance and “elsewhere” by people we do not know and we have not “elected.” I understood that only spontaneous, disinterested and “bottom-up” participation can prevent the anti-democratic drift we are experiencing. I realized that those who do our job cannot remain closed in their office, but have a duty to identify criteria and praxis useful in promoting mental and relational well-being in communities. They have to identify useful criteria and praxis in human aggregates of all kinds, letting them become political criteria and praxis. I understood that I cannot stop myself at a so-to-speak,

“relational turning point”, in order to understand and promote man, but I must implement and put into effect an “ethical change”, so as to constantly look at myself as personally “responsible” for every human being I meet as well as for her/his needs, in exactly the same way as I am responsible for every patient of mine.

On the other hand, being a therapist has now become a way to be political in a private dimension, where the awareness process also includes the “background” of the macro that wraps the patient’s micro. The “figure” of private suffering, of personal injury, of the will to change is more legitimate, lively and vital, if supported by a “background” rich in “political” connotations, by a “macro” we are made aware of just as we are of the “micro”.

### How has your GT theorization changed?

If there is any aspect of my gestaltic theorization that has visibly changed, it concerns the weight to be given to the anthropological model on which GT is based. Who is man? Why have human beings ever harmed each other? What to do with the unattainable limit of the human condition? How to broaden therapeutic intervention from micro to macro? How to support the integrative function of the self (the goal of gestaltic therapy) if everything around is disintegrating, breaking down?

### What would you like to convey from your experience to therapists and trainees?

I would like to share with them all the issues I have considered until now

so as to try and understand together how better to systematize them, how to let them become a stimulus capable of making us “rethink” the GT in a world that is changing at a dangerously supersonic speed.

---

### Pietro Andrea Cavaleri

*is a psychologist, a Gestalt psychotherapist and a teacher at the GT School HCC Gestalt Institute Italy.*

*He has held the appointment of Councillor for Social policy in his town Council. At present he is Coordinator of the civic movement in his town, Caltanissetta, Sicily.*



## AUSTRIA

Bernhard Thosold  
OEVG



Dear friends,  
Here is the news from Austria!

As mentioned in my last newsletter, the D-A-CH Conference took place in Basel, Switzerland, from May, 26th-28th, 2017 and was a big success. Thank you for all the efforts of the Austrian organizers, in particular to *Egon Urban* and *Sonja Weilguny*, who are already busy with the initial steps of organizing the forthcoming D-A-CH- Conference in 2020 in Vienna.

Regarding professional politics in Austria, the meetings between OEVG and the Training Institutes of Austria are continuing and fruitful. An online calendar shared by all Gestalt Therapy Organizations in Austria is being constructed to provide an overview of activities for all persons interested in Gestalt Therapy.

As reported before, the OEVG is discussing the possibility of a new membership for trainees. This is meant to be a support for young colleagues to get in contact with graduates, with the OEVG as a NOGT, and with the EAGT. We will vote on that new membership category at our annual AGM this coming March.

In our informal EAGT GB meetings, we exchange our experiences with the different conditions for Gestalt Therapy and Gestalt Therapists across Europe. At our last OEVG board meeting in Vienna, our representative for the editorial board of the German Gestalt Therapy journal "Gestalttherapie. Forum für Gestaltperspektiven", *Rudi Liedl*, shared with us the idea of inviting European colleagues to exchange information exactly about this topic to be published in the German journal. If you are interested, please contact Rudi Liedl at: [rudolf@liedl.at](mailto:rudolf@liedl.at)

As I have announced in April, we had our traditional annual excursion, this time to Mikulov in Czech Republic. Mikulov is situated very close to the northern border of Austria. This small

town has a very nice old center with a castle, church and the remains of a formerly big and thriving Jewish community. We were a group of about 10 colleagues and had a very nice day.

Meanwhile, *Nancy Amendt-Lyon*'s book "Timeless Experience. Laura Perls's Unpublished Notebooks and Literary Texts 1946-1985" (available at [www.cambridgescholars.com/timeless-experience](http://www.cambridgescholars.com/timeless-experience)) has been published in German: "Zeitlose Erfahrung – Laura Perls' unveröffentlichte Notizbücher und literarische Texte 1946-1985" (Psychosozial Verlag). We congratulate Nancy on her success and look forward to the book presentation in January in Vienna.

In October *Michela Gecele* has given a very interesting and successful workshop for the OEVG on „Gestalt Therapy in Multicultural Contexts“, supported by the fact that colleagues from Austria and Hungary as well as Slovakia participated in this experiment.

For 2018 we look forward to welcoming *Donna Orange* in Vienna to give a lecture and a workshop, organized by all Austrian Gestalt therapy organizations. We happily announce that this is the first fruit of the cooperation between the Austrian training institutes and the NOGT OEVG!



Mikulov

Best wishes, Merry Christmas,  
Happy New Year,  
Hope to see you all in Groningen,  
*Bernhard Thosold, OEVG*

BIO:

*Bernhard Thosold is representative of Austrian NOGT OEVG (Austrian Association for Gestalttherapy).*

*Born 1959 in Graz, Austria.*

*Social worker, living and working in Vienna as Gestalt therapist in private practice, being member of the Executive Committee of an association dealing with substance misusers.*

## ITALY

*Rosanna Biasi  
SIPG*



Dear Colleagues,  
In april 27-30, 2017 the FISIG (Federation of Italian Schools and Institutes of Gestalt) has organized its 6th conference, based on the issue of research. It was an important experience, where all Italian Institutes and Associations of Psychotherapists (about 800 people) worked together. We shared the passion for research that *Madeleine Fogarty*, the guest of the conference, brought us. The Ganz Journal has published a report of this conference that you can read in this link ([www.ganz.org.au/gjanz](http://www.ganz.org.au/gjanz))

In July we had the annual meeting of SIPG. There we decided to create, after the suggestion of our members, two new committees: the

Research Committee and the Human and Social Responsibility Committee. Some members are working to create a first document that will be approved in the next meeting. The committees will work with the same aim of the EAGT ones, and will keep in touch with them.

*Rosanna Biasi  
President Italian Association  
for Gestalt Therapy (SIPG)*

## SWITZERLAND

*Urs Stauffer  
SVG*



The most important event this year was the conference of the German speaking countries in May 2017 in Basel, the so called "D-A-CH-Tagung". With more than 250 participants the conference was a big succes and a very good opportunity to get in touch with old and new colleagues from the three countries and to update knowledge and experience about different fields of Gestalt in practice.

I got this text about the conference from *Dieter Bongers* who was part of the organizing committee:

*It was not an easy task for a small organisation like the Swiss NOGT (SVG) with less than 100 members to organize a conference, when the*

*last one in 2014 in Kassel was such a success with more than 400 participants. We had to consider the financial risk so it had to be „low budget“. Luckily with the help of a colleague we were able to find a very nice venue in a high school right in the centre of Basel at a very moderate price. And instead of buying the food from an expensive catering company we provided most of it by ourselves. By thus reducing the costs considerably we were able to offer fairly low fees, in order to attract also students and young colleagues which seems to have worked out quite well. I have seen many people younger than 30 attending the conference.*

*Of the many interesting speeches and workshops I can only mention a few: the key note speech by *Beatrix Wimmer* about Core Competences of Gestalt Therapy with a good overview and substantial inputs from different European countries represented in EAGT; various speeches and workshops on love and sexuality, which I see as an important reactivation of this once very important issue in Gestalt; and as a special highlight to me, the closing speech by *Katharina Stahlmann* on psychotherapeutic work with refugees, providing a different focus on this important issue by not only highlighting the reality of clients without residence permit, but also the impact on therapists working with those persons and how it changes their view of the actual reality worldwide.*

*To show the participants the nice city of Basel we organized several guided tours, which were very much appreciated, also due to the excellent sunny and warm weather. And ofcourse another highlight was the party on Saturday evening – even though in the meantime the temperatures in the old factory building*

had changed from warm to very hot.

*I would like to thank the organizing committee for the huge amount of work and commitment during the three years planning the conference. By discussing and organizing together we achieved a good and warm team spirit and with a good deal of creative adjustment we were able to find solutions even when coming from different points of view.*

*We give our best wishes to the organizing crew of the next D-A-CH*

*conference 2020 in Vienna.*

*Dieter Bongers*

Also, thanks to Dieter Bongers the Swiss NOGT (representing mainly persons from the German speaking part of Switzerland) who got in touch with the Gestalt Therapy Organisation of French speaking Switzerland, the Société Suisse Romande de Gestalt Thérapie. It was agreed that the two organisations should work together more closely in the future. And maybe this will also be a new

organisational member of the EAGT.

We sent an invitation to SSRGT to attend the next EAGT General Board meeting in March 2018.

With my best wishes for a nice Christmas holiday season,

*Urs Stauffer*

*BIO:*

*Urs Stauffer is the representative of the Swiss NOGT in the General Board of EAGT. He lives and works as a Gestalt therapist in Zurich, Switzerland.*



**EAGT MEMBERSHIP**

[27/28]

**New Members from May, 2017**

<i>Maksim Pestov</i>	<i>Russia</i>	<i>OM</i>
<i>Paula Carthy</i>	<i>Ireland</i>	<i>OM</i>
<i>Alicja Gruszką-Nowak</i>	<i>Poland</i>	<i>OM</i>
<i>Mia Kovačević</i>	<i>Croatia</i>	<i>OM</i>
<i>MaŁgorzata</i>		
<i>Rakusa-Suszczewska</i>	<i>Poland</i>	<i>OM</i>
<i>Marta Maj-Stanisł</i>	<i>Poland</i>	<i>OM</i>
<i>András Nyomárkay</i>	<i>Hungary</i>	<i>OM</i>
<i>Edina Echter</i>	<i>Hungary</i>	<i>OM</i>
<i>Zsuzsanna Szepesi</i>	<i>Hungary</i>	<i>OM</i>
<i>Orsoyla Virág</i>	<i>Hungary</i>	<i>OM</i>
<i>Judit Szalai</i>	<i>Hungary</i>	<i>OM</i>
<i>Andrea Kun</i>	<i>Hungary</i>	<i>OM</i>
<i>Gergely Zajkas</i>	<i>Hungary</i>	<i>OM</i>
<i>Sevasti Chatzopoulou</i>	<i>Greece</i>	<i>OM</i>
<i>Politimi Karantana</i>	<i>Greece</i>	<i>OM</i>
<i>Antigoni Mertika</i>	<i>Greece</i>	<i>OM</i>
<i>Eszter Kontra</i>	<i>Hungary</i>	<i>OM</i>
<i>Kinga Dziedziczak</i>	<i>Poland</i>	<i>OM</i>
<i>Petra Kooistra-Bakker</i>	<i>The Netherlands</i>	<i>OM</i>
<i>Monique d'Hertenfelt</i>	<i>Belgium</i>	<i>OM</i>
<i>Salome Sabiashvili</i>	<i>Georgia</i>	<i>OM</i>
<i>Tamar Loladze</i>	<i>Georgia</i>	<i>OM</i>
<i>Rajka Rade</i>	<i>Croatia</i>	<i>OM</i>
<i>Iren Maria Gulyik</i>	<i>Hungary</i>	<i>OM</i>
<i>Réka Horosz</i>	<i>Hungary</i>	<i>OM</i>
<i>Tamás Károly</i>	<i>Hungary</i>	<i>OM</i>
<i>Lika Tushishvili</i>	<i>Georgia</i>	<i>OM</i>
<i>Valéria Bodnár Sebőkne</i>	<i>Hungary</i>	<i>OM</i>
<i>Judit Domokos</i>	<i>Hungary</i>	<i>OM</i>
<i>Tamara Birch</i>	<i>Georgia</i>	<i>OM</i>
<i>Iryna Miadzvedzeva</i>	<i>Belarus</i>	<i>OM</i>
<i>Ágoston Németh</i>	<i>Hungary</i>	<i>OM</i>
<i>Tomasz Lepsy</i>	<i>Poland</i>	<i>OM</i>
<i>Cezary Jaskowski</i>	<i>Poland</i>	<i>OM</i>
<i>Alicja Bilozor</i>	<i>Poland</i>	<i>OM</i>
<i>Jasmina Sočković</i>	<i>Croatia</i>	<i>OM</i>
<i>Hana Francetić Brčić</i>	<i>Croatia</i>	<i>OM</i>
<i>Adrijana Bjelajac</i>	<i>Croatia</i>	<i>OM</i>
<i>Anna Matulyak</i>	<i>Belarus</i>	<i>OM</i>
<i>Iwo Tarkowski</i>	<i>Poland</i>	<i>OM</i>
<i>Katsyarina Skurativich</i>	<i>Belarus</i>	<i>OM</i>
<i>Dunja Vesić</i>	<i>Serbia</i>	<i>OM</i>
<i>Katarzyna Żoczek-Konfederak</i>	<i>Poland</i>	<i>OM</i>
<i>Marianna Golberg</i>	<i>Russia</i>	<i>OM</i>
<i>Mikhail Isupov</i>	<i>Russia</i>	<i>OM</i>
<i>Caroline Jench</i>	<i>United Kingdom</i>	<i>AM</i>
<i>Nikola Krstić</i>	<i>Serbia</i>	<i>OM</i>

<i>Dragana Potic</i>	<i>Serbia</i>	<i>OM</i>
<i>Aleksandra Jedrzejczak</i>	<i>Poland</i>	<i>OM</i>
<i>Marianna Soroka</i>	<i>Poland</i>	<i>OM</i>
<i>Tina Rasmussen</i>	<i>Faroe Island</i>	<i>OM</i>
<i>Jadwiga Nowak</i>	<i>Switzerland</i>	<i>OM</i>
<i>Marta Myszkowska-Litwa</i>	<i>Poland</i>	<i>OM</i>
<i>Annegreet</i>		
<i>van de Kleij-de Vroome</i>	<i>The Netherlands</i>	<i>OM</i>
<i>Jessi Nabuurs</i>	<i>The Netherlands</i>	<i>OM</i>
<i>Margreet Oosting</i>	<i>The Netherlands</i>	<i>OM</i>
<i>Sara Maquoi</i>	<i>Belgium</i>	<i>OM</i>
<i>Natalia Tihomirova</i>	<i>Latvia</i>	<i>OM</i>
<i>Peri Mackintosh</i>	<i>United Kingdom</i>	<i>OM</i>

**New accredited Supervisors**

<i>Richard Lompa</i>	<i>The Netherlands</i>
<i>Árpád Mondok</i>	<i>Hungary</i>
<i>Edit Moldován</i>	<i>Hungary</i>
<i>Hans Petter Frydenberg</i>	<i>Norway</i>
<i>Ewa Matlosz</i>	<i>Poland</i>
<i>Velimir Dugandzic</i>	<i>Croatia</i>

**New GPO members**

<i>Olivia Edge</i>	<i>United Kingdom</i>
<i>Maureen Ghirelli</i>	<i>United Kingdom</i>
<i>Bella Mehta</i>	<i>United Kingdom</i>
<i>Steven Goldstein</i>	<i>United Kingdom</i>
<i>Caroline Matters</i>	<i>United Kingdom</i>
<i>Malcolm Frank Walton</i>	<i>United Kingdom</i>
<i>Arne Baeten</i>	<i>Belgium</i>
<i>Isabelle Demuyneck</i>	<i>Belgium</i>
<i>Anne Geerts</i>	<i>Belgium</i>
<i>Catho van den Houwe</i>	<i>Belgium</i>
<i>Silvia Prins</i>	<i>Belgium</i>
<i>Saskia Szepansky</i>	<i>The Netherlands</i>
<i>Katrien T'Jonck</i>	<i>Belgium</i>
<i>Myrian Vanschel</i>	<i>Belgium</i>
<i>Jean Verstaete</i>	<i>Belgium</i>
<i>Massimo Biasin</i>	<i>Italy</i>
<i>Maria Grazia Fiorini</i>	<i>Italy</i>
<i>Franco Gnudi</i>	<i>Italy</i>
<i>Corrado Liquori</i>	<i>Italy</i>
<i>Julius Lasalle</i>	<i>Germany</i>
<i>Bruno Cassiani-Ingoni</i>	<i>France</i>
<i>Christel Bisiau</i>	<i>France</i>
<i>Daniel Cortesi</i>	<i>France</i>
<i>Marie-Pascale Martorell</i>	<i>France</i>
<i>Bruno Rousseau</i>	<i>France</i>

**Abbreviations explained:**  
 OM = Ordinary Membership (formerly called full membership)  
 AM = Associate Membership  
 ASM = Associate Student Membership  
 GPO = Gestalt Practitioner in Organisations



*We wish you all  
a peaceful winter season  
and a Happy New Year!*

---

#### Abbreviations in the whole newsletter explained

---

AGM	= Annual General Meeting	NOGT	= National Organizations for Gestalt Therapy
AM	= Associate Member	OM	= Ordinary Member
ASM	= Associate Student Membership	OrM	= Organizational Member
CM	= Cooperative Member	PC&QS	= Professional Competences & Qualitative Standards
EAP	= European Association for Psychotherapy	TI	= Training Institute
EC	= Executive Committee	GT	= Gestalt Therapy
EEC	= EAGT Ethics Committee	NOGT	= National Organization for Gestalt Therapy
GB	= General Board (Executive Committee and Representatives of European NOGT members)	EWAO	= European Wide Accrediting Organization
GPO	= Gestalt Practitioner in Organizations	PBI	= Peace Brigades International
HR&SR	= Human Rights & Social Responsibility	FB	= Facebook
IM	= Individual Member		